

## Claims

[c1]

Sub A1

1. A sample for NMR measurement comprising:  
an organic portion containing at least some fats and oils;  
a pad that is substantially transparent to microwave radiation and is free of  
atoms that would interfere with or mask the NMR response of the protons in the  
fats and oils in the sample;  
a sheet material that is free of atoms that would interfere with or mask the NMR  
response of the protons in the fats and oils in the sample, said sheet material  
being wrapped around said organic portion and pad.

[c2]

2. A sample according to Claim 1 at a temperature at which the fats and oils are  
partially melted.

[c3]

3. A sample according to Claim 1 wherein said organic portion is on said pad,  
and said pad and said organic portion are wrapped in said sheet material.

[c4]

4. A sample according to Claim 1 wherein said pad is hydrophilic and lipophilic.